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The Culture of Mental Illness

September conference planned to address accessibility of care



Dr. Linda Cook, RN, associate dean at the Kramer School of Nursing is looking forward to the Culture of Mental Illness, set for Sept. 23 at the National Cowboy Museum and Western Heritage Museum.

by James Coburn
Staff Writer

Kramer School of Nursing will be sponsoring its annual Culture Conference, said Linda Cook, RN, Ph.D, APRN, BC, CNE.

Oklahoma City University's

Kramer School of Nursing has offered a conference every September called Celebration of Culture. The conference is set for September 23. Registration is between 8-8:30 a.m.

"We have so many people now registering for the national

conference that we have it at the National Cowboy and Western Heritage Museum because we couldn't fit them on campus anymore," Cook said. "We usually have between 500 and 600 people come."

She said one school of nursing in northern Oklahoma plans it as part of their curriculum with the students paying for it. It's part of their tuition. They just shut down school for a day and bring everybody,

OBU College of Nursing Welcomes New Faculty



Jaime Brantley



Jennifer Sharma

Oklahoma Baptist University's College of Nursing is pleased to welcome five new faculty members as assistant professors of nursing. New faculty include Jaime Brantley, Dr. Robin Brothers, Rebecca Coon, Shaelene Fipps and Jennifer Sharma.

Brantley earned both her BSN and MSN from Union University in Tennessee. She served as an associate professor at Jackson State Community College for seven years and was responsible for clinical and classroom instruction for nursing students enrolled in the associate degree program. She previously worked as a clinical coordinator/



Rebecca Coon



Robin Brothers

See FACULTY Page 2

See KRAMER Page 3

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Continued from Page 1

Sharma earned her BSN and MSN both at OBU. She has worked for Heartland Home Health in Shawnee for 12 years, most recently as director of professional services, supervising all clinical staff among many other duties. She previously worked as a charge RN for Davita Dialysis in Midwest City and as an intensive care unit staff RN at Unity Health Center in Shawnee. She has also served as a teaching assistant in a skills application lab in an OBU nursing course.



Shaelene Fipps

With campuses in Shawnee, Oklahoma, and Oklahoma City, OBU offers 10 bachelor's degrees with 88 fields of study and five master's degree programs. The Christian liberal arts university has an overall enrollment of 1,986, with students from 40 states and 35 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 24 consecutive years and has been Oklahoma's highest rated regional college in the U.S. News rankings for 22 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest. Forbes.com consistently ranks OBU as a top university in Oklahoma and the Princeton Review has named OBU one of the best colleges and universities in the western United States for 11 consecutive years.

Photos: Oklahoma Baptist University's College of Nursing is pleased to welcome five new faculty members as assistant professors of nursing. New faculty include Jaime Brantley, Dr. Robin Brothers, Rebecca Coon, Shaelene Fipps and Jennifer Sharma. OBU photos by Jeremy Scott

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KRAMER

Continued from Page 1

Cook said. The conference this year focuses on the Culture of Mental Illness.

"We take a different turn on culture. We're not just looking at specific groups of people," Cook said. "Last year we did the Culture of Violence. Before that I believe was the year we had Jean Watson, who is a big caring theorist. So it was the Culture of Caring."

The Culture of Mental Illness will explore what is going on in the state of Oklahoma in terms of mental illness. Focus will be how easy is it for a person living with mental illness to attain the care they need.

"The answer is not very easy," Cook continued.

Several guest speakers will participate in the Culture of Mental Illness including Dr. Frieda Outlaw, RN, who is an adjunct at Vanderbilt University in Tennessee. She was in charge of revising the access to care for children, adolescents and families living with mental illness in Tennessee and has done wonderful things there, Cook explained.

"We're hoping that she will come

and share some of that expertise here," Cook continued.

The director of the Oklahoma Mental Health and Substance Abuse Services, Terri White, will address the Oklahoma perspective with what is transpiring locally. Another guest speaker will be Cathy Costello, the widow of former Labor Commissioner Mark Costello, who died last year when his son, Christian Costello, stabbed him to death at an Oklahoma City Braum's Dairy store. Christian's family has stated that he lives with mental illness. His trial is ongoing and a judge has ordered a competency examination.

"One of our doctoral students has been doing research on PTSD and veterans. That's part of the culture we have in the state as well. So we have an enlightening day planned for people," Cook said. "I'm looking forward to it."

The Culture of Mental Illness will not be defining terms of mental illness. Rather it will teach what it is like for the person living with mental illness to find care. The realities of what folks face who cannot receive access to care will be highlighted.

"It will be about what these nurses can do to make life a little bit easier," Cook said.

A large percentage of the prison

population and those prisoners at the Oklahoma County Jail live with mental illness, according to Oklahoma County Sheriff John Whetsel. A segment of that population has substance abuse problems.

Since the closure of the state hospital systems, the prison system has become the single largest containment system for the mentally ill, Cook said.

"And it's pathetic because they get no treatment for their mental illness," she said.

The Oklahoma County Jail is an example of the lack of treatment for people who no longer have their medication during their incarceration period. "There is not treatment and it is beyond belief that we can't do something more effective for folks, but we haven't found it yet," she said.

The Culture of Mental Illness is geared toward a large number of students, many of which will be practitioners within a year or two. They need this background information.

Nursing faculty will also benefit and anyone who wants to update their education.

"We offer of course the continuing education units for the conference," Cook said.

Kramer is growing with 347

undergraduates and 145 graduate students.

"We have a really strong continuing education program," Cook said. "We do the big culture conference every September. We have a nursing education program that occurs in the spring and then every summer we have a nursing leadership program offered, and we bring in nationally known speakers for each of those conferences."

For more information about the Culture of Mental Illness, contact Christopher Black at cblack@okcu.edu.

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CAREERS IN NURSING

KINDNESS MATTERS - RN MAKES DIFFERENCE IN PATIENTS' LIVES

by James Coburn - Writer/Photographer

Julie Wheeler, RN, takes care of patients that are not quite sick enough for the ICU but are too sick to be on a regular floor.

Wheeler serves as a staff nurse and a relief charge nurse at the Progressive Care Unit at the modern state-of-the-art Pavilion at St. Anthony Hospital in midtown Oklahoma City.

After graduation from college in Florida Wheeler found her niche at St. Anthony 17 years ago. She has had opportunities to work in other hospitals but chose not to leave.

"I really do like it here," Wheeler said. "Mostly it's the people. I've worked with very good people and managers over the years. They've been very good to work with, very flexible."

Her career commenced in cardiac telemetry before the unit transitioned to a step down unit. Half of the unit split into the step down unit.

"As the years progressed we became the Progressive Care Unit,"

she said.

She has been with several of her coworkers for quite some time. They have established a cohesive synergy that has served patients well, she said.

"It's awesome because they've seen my kids grow up. We've been going through life together. It's like a family," Wheeler continued.

Wheeler has five children. She and her husband are very involved in their church. She is originally from Canada so the family makes a lot of trips to Ontario.

She moved to the USA to attend school. Her sister was working in Oklahoma so her parents suggested that they live in the same state.

"I met my husband actually here at the hospital. He worked as a monitor technician at the time," Wheeler said. "And a year later we got married."

Her days at St. Anthony are spent working beside nurses who strive to take care of their patients the best they

can. They care about their patients and that means a lot to Wheeler.

About two years ago, Wheeler learned that St. Anthony was going to build an expansive new pavilion. Her nursing team didn't know they would be moving into the new addition at first.

"But when we learned we were moving we were very excited," she said.

The four-story structure is complete with brick, stone, stucco with a glass exterior and a new roof-top heliport. It will connect at the northeast wing and through the existing east entrance to the hospital.

Services provided include a new emergency room, intensive care unit and step-down nursing units. The first floor is all emergency services. The second, third and fourth are a telemetry unit and critical care units.

The surface parking is located on the block between 8th and 9th Streets and Dewey and Walker.

The configuration of the St. Anthony Pavilion compliments the needs of patient care with easy access for physicians, nurses, patients and family members as well as related hospital staff. There are 48 critical care beds.

"It is working out. We are still learning a different flow of things because it is a different set-up," Wheeler said.

The patients have a better experience at the hospital because of their closer proximity to the nurses, she added. Nurses can better observe their patients at the new Pavilion opposed to the one central nurses station of the past.

"We have these little nurses' stations throughout, so we can literally be sitting in front of our patients and we like that," she said of the 21 century design.

Most people who know Wheeler recognize she is devout in her religious faith. She remembers the Bible verse,



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Mike was diagnosed at the age of six with juvenile diabetes. He was put on dialysis at home so that he could live a normal life, and was then listed to be put on the transplant waiting list. Since Mike's transplant in 2006, he has experienced parts of the world he never dreamed he would see. He has participated in several Transplant Games, including two world games, he has won seven gold, four silver and four bronze medals.

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Mike

LifeShare



Julie Wheeler, RN, is proactive in helping others to live a healthy life at St. Anthony Hospital in Oklahoma City

"Some have compassion making a difference."

"So I try every day making a difference in my patients' lives," she said. "If I'm taking care of patients on the floor or if I'm teaching one of our new nurses something new, my goal is to show compassion in whatever I do. That as my motto in life -- it helps."

Oklahoma City Black Nurses Association

Meet and Greet
Saturday August 27, 2016
11am

The meeting place is Oklahoma City University
Kramer School of Nursing Room 120.

Contact: Irene Phillips MS, RN · iphillips@okcu.edu
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Pat McGowen, Vol. Coordinator, 405-947-7705, ext.
134; Tulsa - Samantha Estes, Vol. Coordinator,
918-425-4000

Centennial Hospice: Becky Johnson,
Bereavement Coordinator 405-562-1211

Choice Home Health & Hospice:
405-879-3470

Comforting Hands Hospice: Bartlesville:
918-331-0003

Companion Hospice:
Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751

Compassionate Care Hospice: Amy Legare,
Bereavement/Vol. Coordinator, 405-948-4357

Cornerstone Hospice: Vicky Herrington, Vol.
Coordinator, 918-641-5192

Crossroads Hospice: Elizabeth Horn, Vol.
Coordinator, 405-632-9631

Cross Timbers Hospice: Ardmore-
800-498-0655 Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

Excell Hospice: Toni K. Cameron, Vol.
Coordinator 405-631-0521

Faith Hospice of OKC: Charlene Kilgore, Vol.
Coordinator, 405-840-8915

Frontier Hospice: Kelly Morris, Vol.
Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice: 4350 Will Rogers
Parkway Suite 400 OKC OK 73108 405-943-0903

Grace Hospice Foundation: Sharon Doty, Dir
of Spec. Projects - Tulsa 918-744-7223

Harbor Light Hospice: Randy Pratt, Vol.
Coordinator, 1009 N Meridian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice: LaDonna Rhodes, Vol.
Coordinator, 918-473-0505

Heartland Hospice: Shawnee: Vol. Coor. Karen
Cleveland, 405-214-6442; OKC: Vol. Coor. Tricia
Woodward, 405-579-8565

Heavenly Hospice: Julie Myers, Coordinator
405-701-2536

Hope Hospice: Bartlesville: 918-333-7700,
Claremore: 918-343-0777 Owasso: 918-272-3060

Hospice by Loving Care: Connie McDivitt,
Vol. Coordinator, 405-872-1515

Hospice of Green Country: Tulsa:
918-747-2273, Claremore: 918-342-1222, Sapulpa:
918-224-7403

**INTEGRIS Hospice, Inc. & the INTEGRIS
Hospice House:** Ruth Ann Frick, Vol.
Coordinator, 405-848-8884

Hospice of Owasso, Inc.: Todd A. Robertson,
Dir. of Marketing, 877-274-0333

Humanity Hospice:
Kay Cole, Vol. Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol.
Director, 918-392-0800

Indian Territory Home Health & Hospice:
1-866-279-3975

Interim Healthcare Hospice: 405-848-3555

Image HealthCare : 6116 S. Memorial Tulsa,
Ok. 74133 (918) 622-4799

LifeChoice Hospice: Christy Coppenbarger,
RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry
Boston, Volunteer and Bereavement Coordinator
405-801-3768

LifeLine Hospice: April Moon, RN Clinical
Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, Vol.
Coordinator, 405-486-8600

Mission Hospice L.L.C.: 2525 NW Expressway,
Ste. 312 OKC, OK 73112 405-848-3779

Oklahoma Hospice Care: 405-418-2659
Jennifer Forrester, Community Relations Director

One Health Home Health in Tulsa:
918-412-7200

Palliative Hospice: Janet Lowder, Seminole, &
Sabrina Johnson, Durant, 800-648-1655

Physician's Choice Hospice: Tim Clausing,
Vol. Coordinator 405-936-9433

Professional Home Hospice: Sallisaw:
877-418-1815; Muskogee: 866-683-9400; Poteau:
888-647-1378

PromiseCare Hospice: Angela Shelton, LPN -
Hospice Coordinator, Lawton: (580) 248-1405

Quality Life Hospice: 405 486-1357

RoseRock Healthcare: Audrey McCraw,
Admin. 918-236-4866

Ross Health Care: Glenn LeBlanc, Norman,
Chickasha; April Burrows, Enid; Vol. Coordinators,
580-213-3333

Russell Murray Hospice: Tambi Urias,
Vol. Coordinator, 405-262-3088; Kingfisher
405-375-5015; Weatherford-580-774-2661

Seasons Hospice: Carolyn Miller, Vol. /
Bereavement Coordinator, 918-745-0222

Sequoyah Memorial Hospice:
Vernon Stone, D. Min. Chaplin, Vol. Coordinator,
918-774-1171

Sooner Hospice, LLC:
Matt Ottis, Vol. Coordinator, 405-608-0555

St. Anthony Job Fair

Registered nurses, laboratory and behavioral health professionals as well as qualified physicians and clinic office staff will have an opportunity to join the St. Anthony team during an upcoming job fair on **Friday, August 26.**

"Our staff consistently tell us that the reason they find a career at Saints so rewarding is the opportunity to serve our Mission, along with our friendly, family atmosphere," said Sandra Payne, St. Anthony vice president of marketing and communication.

Experienced registered nurses can earn signing bonuses up to \$10,000 during the event.

Interviews may be set up in advance by going to www.saintsnearyou.com/ jobfair or calling 405-272-6185 or applicants may drop by from 11 a.m. to 4 p.m.

Nursing leaders will be on site for interviews in medical-surgical, cardio, critical care, procedure areas and behavioral health fields.

"With our growth we are able to assist more patients, and our need for nurses will continue to grow as well," Payne said.

The event will be held at the Rapp Foundation Conference Center located at Saints Medical Plaza, 535 NW 9th on the fourth floor.



Welcome Michael Coffey, M.D.

Meet Michael Coffey, M.D. The Pediatric Clinic at The Children's Center Rehabilitation Hospital has hired an additional pediatric physician. Dr. Coffey joins a unique team of Oklahoma's finest doctors who specialize in general pediatrics to therapies for children with complex medical and physical disabilities. The Pediatric Clinic is dedicated to treating both well children and those in the community with complex medical needs.

Dr. Coffey decided to come to The Children's Center Rehabilitation Hospital after completing some of his residency training at the Hospital. "As a pediatrician in the Pediatric Clinic at The Children's Center Rehabilitation Hospital, I am finally fulfilling my dream of helping all parents to raise a healthy child, while also, hopefully, helping those caring for children with chronic medical illnesses by being another member of their child's team," said Dr. Coffey. "I am looking forward to the future and serving more children in Oklahoma."

Dr. Coffey earned his medical degree from The University of Texas Southwestern Medical School and completed his pediatric residency program at The Children's Hospital at OU Medical Center. He also has a bachelor's of science degree and a bachelor's of art degree from The University of Texas at Austin.

To see Dr. Coffey, schedule your child's appointment today with The Pediatric Clinic at The Children's Center Rehabilitation Hospital by calling (405) 440-9866. Office hours: Monday-Friday 8:30 a.m. to 4:30 p.m.

Services include: Immunizations, Same-Day Sick Child Appointments, Sports Physicals for Established Patients and Well Baby/Child Visits.



The Pediatric Clinic at The Children's Center Rehabilitation Hospital has hired Michael Coffey, M.D. to join a team of Oklahoma's finest doctors.

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health



Vicki L. Mayfield, M.Ed., R.N., LMFT
Marriage and Family Therapy Oklahoma City
If you would like to send a question to Vicki, email us at news@okcnursingtimes.com

"And suddenly you know.....It's time to start something new and trust the magic of beginnings."

Molly ended her 6 year relationship after much soul searching and sleepless nights. Her significant other, Brian wasn't enjoying the relationship either but they both seemed paralyzed to end it.

Most of their friends were in relationships or married. They were in their 30's, no children, so it seemed to fit that they would just stay together. That's what everyone else their age were doing.

They had been in love and seemed to meet each other's needs for a long time but yet their differences were often an issue. Sometimes talked about, sometimes not. Maybe it was the "sometimes not" that did the most damage. Like many situations in our lives, sometimes we wait too long and the damage cannot be repaired.

Relationships change. People change.

Jennifer worked for a large, well know company in their corporate office. The description of the job and the interview with management convinced her that the job was right for her. The cubicle was not exactly the office of her choice but she hoped it would work.

The job was a great fit for most of her 5 years. There were ups and downs but as year 5 approached, the work load had increased significantly but the money had not. There were some irritations with upper management that were growing in size.

Jennifer began to have trouble sleeping, her mood was often irritable and she was not finding much enjoyment in her work. She started taking an anti-depressant, but did not feel that much better. She was isolating more and cancelling dates with friends.

Jobs change. People change.

It becomes an impossibility to hammer the square peg into the round hole but many of us continue to beat the square peg. Life does offer round pegs.

Change your life for you.....it doesn't matter what everyone else is doing.

"They laugh at me because I'm different. I laugh at them because they're all the same."

Kurt Cobain

Local Physical Therapist Trains Olympic Athletes



David Huslig with Kelly Allen. Allen leaves to compete in the 200 Meter Sprint Kayak at the Paralympics in Rio on Sept. 4.

From Hungary to Guadalajara, Toronto to Oklahoma City, and a few places in between, David Huslig has worked with elite athletes around the world.

"I have trained with Olympic athletes for more than six years now," said Huslig, who uses his experience to serve as director of sports medicine and physical therapy at Mercy Edmond I-35. "I mainly travel alongside them to World Cup competitions and the Pan American games, which are pre-cursors to the Olympics."

While Huslig's work at Mercy typically involves patients and high school athletes, he continues to play a key role in the development of Olympic and elite athletes across the country, most recently with members of the USA Men's Lightweight Four rowing team, who are currently competing in Rio de Janeiro, Brazil. "With these athletes, I mainly focus on injury prevention, problem solving and identifying exercise to work around injuries," said Huslig. "Physical therapy is crucial to recovery, whether it's recovery from an injury, or recovery from fatigue." Physical therapy and cupping; a form of physical therapy that uses suction cups placed on the body; have received international attention during the Rio games, in part because of noticeable marks on Olympic gold medalist Michael Phelps. But Huslig insists that while physical therapy is a critical part of an athlete's success, there is more to it than that.

"Nutrition is one of the most underrated components to an athlete's success," said Huslig. "While extra carbohydrate intake is important, these athletes maintain a clean and balanced diet, with much of the focus on high proteins and fresh vegetables."

To help ensure the nutritional needs of these athletes are met, Huslig and Mercy help provide anywhere between six and 35 athletes with five healthy meals a week during their training at the Oklahoma City Boathouse.

"The nutritional and dietary support provided by Mercy is a critical feature for these athletes to train and compete at the highest level of international competition," said Cameron Kiosoglous, head coach for the USA Men's Lightweight Four rowing team. "It is an invaluable resource to have."

In addition to training athletes and providing nutritional support, Huslig and his team at Mercy Sports Performance powered by EXOS offer individualized assessments and programs for adults looking to become more active.

"We help give that extra push and encouragement so everyone, whether they consider themselves an athlete or not, can become the healthiest possible version of themselves," said Huslig.

Mercy Sports Performance powered by EXOS is located at 2017 West I-35 Frontage Road. For more information on all of the services offered, call 405-757-3390.



NURSE + TALK

Read what other health care professionals have to say...

How do you enjoy life when not at work? Oklahoma Heart Hospital in northwest OKC

"I have two kids ages 7 and 9 so we do their activities. Family time and I spend time with friends."



Janelle Choplin, RN

"I have a son. He's 5 so he keeps me pretty busy. Just anything being outside."



Andrea Raper, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email:
news@okcnursingtimes.com
or mail to
Oklahoma's Nursing Times
P.O. Box 239
Mustang, Ok. 73064

"Since I don't have children my favorite pasttime is actually fitness. I compete in figure competitions."



Darlene Wortham, RN

"I love to read. We like to go bike riding around the lake. I'm making t-shirt quilts for all of my grown children."



Brenda Head, RN

St. Anthony Welcomes Joan Martin Family Nurse Practitioner

St. Anthony Hospital is pleased to welcome Joan Martin, RN, MSN, FNP-C, to St. Anthony Physicians Group Blanchard.

Martin earned her Bachelor of Science in Nursing from Oklahoma Wesleyan University in Bartlesville. She then obtained her master's degree in nursing administration from the University of New Mexico, followed by a Nurse Practitioner Certificate from West Texas A&M University.

St. Anthony Physicians Group Blanchard is located 2002 N. Council Ave. The clinic is open Monday-Friday, 8:30 a.m. to 4:30 p.m. To schedule an appointment please call (405) 485-4701.



Joan Martin, RN, MSN, FNP-C



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